

Healthy For Life

Healthy For Life is a Health Education and Disease Prevention Program for older adults developed by Delaware's Division of Services for Aging and Adults with Physical Disabilities. Our goal is to help you stay healthy, happy and independent through good nutrition, physical activity and healthy behaviors.



***Delaware Health
and Social Services***
Division of Services for Aging and
Adults with Physical Disabilities



Get Fit!

***Have Fun.
Stay in Shape!***

Healthy For Life

Exercise Your Way to Better Health!

- Increase energy
- Sharpen memory
- Reduce stress
- Improve muscle tone



Developing a Fitness Program?

Materials and support are available to help you create and sustain your program through training and leadership development!

Join “Walk Delaware”

Walk Delaware is a great way to enjoy the healthy benefits of walking. Offered in partnership with the Delaware Senior Olympics, the program encourages participants to walk the State of Delaware – a little at a time.

Simply walk 131 miles – the length and width of Delaware – within the calendar year. Enjoy your walking time at home, in your neighborhood or in a local recreation area – it’s up to you!

Enjoy Fun and Friends

When you sign up for Walk Delaware, you’ll receive a logbook to record your miles, and information about walking groups, support programs and fitness challenges in your local area. Prizes and awards will also be awarded. You’ll have fun, meet new friends and walk your way to a fitter you!

For information about Walk Delaware or other *Healthy for Life* wellness programs, call **1-800-223-9074**. Or visit our web site at **www.dsaapd.com**

It’s never too late to take charge of your health!

Feel Great, Step by Step!